

OCTOBER NEWS

MILLE LACS BAND OF OJIBWE
PUBLIC HEALTH



Infant Sleep Safety

By: Kari DiGiovanni, RN

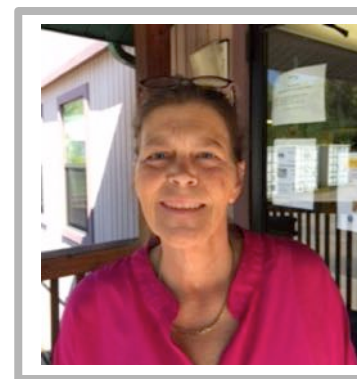
Volume 2, Issue 17, 2015

It is helpful to understand the importance of infant sleep safety and its importance in preventing SIDS. There is a higher incidence of SIDS (sudden infant death syndrome) in Native American communities. SIDS is the sudden, unexplained death of a baby that doesn't have a known cause even after a completed investigation. It is the leading cause of death in babies 1 month to 1 year of age. Most SIDS deaths happen when babies are between 1 month and 4 months of age.

There are several steps that can be taken to decrease the risk of SIDS for your baby:

- **Babies sleep safest on their backs.** They are much less likely to die of SIDS, than babies who sleep on their stomachs or sides.
- **Every sleep time counts.** They should sleep on their backs for ALL sleep times -naps and at night.
- **Sleep surface matters.** Babies who sleep on a soft surface, such as an adult bed, on a couch, or under a soft covering, are more likely to die of SIDS or suffocation. They need a firm, flat surface. Keep soft objects, toys, and loose bedding out of baby's sleep area.
- **Smoke-free environments reduce the risk.** Women who quit smoking during pregnancy reduce the risk of SIDS. Homes and vehicles that are smoke-free reduces the risk of SIDS.
- **Breastfeed your baby.** Breastfeeding has many health benefits for mother and baby, including decreased risk for SIDS. When breastfeeding baby at night, put him/her back in crib when feeding is done.
- **Do not let your baby get too hot during sleep.** Dress your baby in light clothing or no more than one layer more of clothing than an adult would wear to be comfortable. Keep room temps at comfortable level for an adult.
- **Give your baby plenty of Tummy Time.** Supervised Tummy Time helps your baby's neck, shoulder, and arm muscles get stronger. It also helps to prevent flat spots on the back of your baby's head.

Meet Public Health Staff member



Kris Reiter joined the Public Health team in July of 2015 as an LPN. She has been an LPN for the last 34 years in the St. Cloud area. She recently moved to this area to be closer to two of her children and their grand-children. Kris says she is excited to be working for the Mille Lacs Band of Ojibwe Public Health department.

For more information on sleep safety, check out this website:

<https://www.nichd.nih.gov/ats/Pages/default.aspx>

BULLYING: IT'S NOT JUST A PROBLEM AT SCHOOLS

By Donna Sutton, RN

Have you ever felt, as an adult, that you were not free to make your own choices? Are you able to visit or call your family or friends when you want to? Are you in control of your own money? Do you feel like you are walking on eggshells in your own home and that you have to be careful about what and how you say things so that another family member doesn't blow up? Are you free to say no to your partner's sexual advances?

Bullies are everywhere. In school, kids are encouraged to speak up and make use of adult allies such as teachers and school counselors. But what if the bully lives in your home? What if **YOU** are the bully and you don't know how to act any differently.

According to Cangleska, Inc., a Native American research group, **40% of women in prison for felony convictions are there because they killed an abusive partner/spouse.** These women didn't come into this world destined to become murderers. They were targets of bullies.

Abuse comes in many forms – physical, sexual, verbal, financial, emotional. Neglect is another form of abuse. The **bullies** can be men, women, elderly or young people. **Those bullied** can be men, women, elderly or young people. We all know the problem is wide-spread and that it is often so common place that it is accepted as “normal.”

However, violence is a learned behavior. It is a behavior that can be changed. The Mille Lacs Band has many programs to help. Ask for help if you need it. Offer help if you see someone else needing it.

- **Batterer's Intervention Program**
Desiree Montonye: (w) 320.532.4624
- **Sexual assault**
Dana Skinaway Sam - (w) 320.532.4780, (c) 320.630.2426
- **Elder Abuse program**
Cindi Douglas - (w) 218.768.3311, (c) 320.630.2660
Davis Sam – (w) 320.532.7802, (c) 320.630.2676
- **Community advocates (Family Violence Prevention)**
Mary Sue Anderson – (w) 218.768.4412, (c) 320.630.2678
Petra Mauricio – (w) 320.532.4780, (c) 320.292.1646
- **Criminal Justice Intervention**
Rena Hales – (w) 320.532.7875, (c) 320.292.1566
- **Women's shelter crisis number**
866.867.4006

Awareness...



October is National Domestic Violence Awareness Month...

...but every day of every month of every year is a good day to help someone get free from domestic violence because it happens every day of every month of every year... and it's probably happening to someone you know. *Speak out today.*



Halloween Food Safety Tips for Parents



Take these simple steps to help your children have a fun and safe Halloween

- Children shouldn't snack while they're out trick-or-treating. Urge your children to wait until they get home and you have had a chance to inspect the contents of their “goody bags.”
- To help prevent children from snacking, give them a light meal or snack before they head out – don't send them out on an empty stomach.
- Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies or small toys.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

Source: www.fda.gov/Food/ResourcesForYou/Consumers

October is Healthy Lung month – American Lung Association

The American Lung Association (ALA) was initially formed in 1904 to fight tuberculosis, they now combat all types of lung disease. The American Lung Foundation currently focuses on issues related to: asthma, tobacco control, and environmental health.

The American Lung Association mission is:
“to prevent lung disease and promote lung health”.



Here are six tips for keeping your lungs clean:

- ✓ **Don't smoke:** This one seems like a no-brainer, yet some people continue to do it. Smoking deposits harmful and obstructive tar in the lungs, and numerous chemicals.
- ✓ **Perform lung cleansing exercises:** Breathing exercises can strengthen your lungs and help clear toxins. Deep breathing provides a secondary benefit by delivering more nourishing oxygen to your body
- ✓ **Eat lung cleansing foods:** Pistachios contain gamma-tocopherol, and believed to reduce risk of lung cancer. Plantain leaf useful in suppressing mucous and may help with congestion. Cayenne pepper has been shown to relieve irritation from coughs and sore throats.
- ✓ **Reduce your indoor air pollution exposure:** Indoor environments can be contaminated with over 1,000 species of mold and mildew. Air exchange and air purification systems are good proactive approaches to purifying air in your home.
- ✓ **Make a castor oil pack for lung cleansing:** Castor oil packs are easy and inexpensive to make. They work great for drawing toxins out of the body. Castor oil is believed to stimulate lymphatic circulation and waste elimination. These are placed on the chest and are thought to break up congestion and toxins.
- ✓ **Take lung cleansing herbs:** Plants like oregano, orange peel, elecampane, eucalyptus, peppermint, lungwort, osha root, chaparral, and lobelia have been used for hundreds of years as natural remedies for respiratory conditions.

Source: – Dr. Edward F. Group III, DC, ND, DACBN, DCBCN, DABFM/ GHC Global Healing Center



In recognition of October being Breast Cancer Awareness month, MLBO Public Health Department wanted to share an event we hosted. On Tuesday, August 18th the MLBO Public Health Department in partnership with American Indian Cancer Foundation held a Pink Shawl Session. Amy Maske, MLBO SHIP Coordinator, organized the event and provided healthy snacks for the women that participated. Daanis Chosa, Community Outreach Specialist with AICF, shared information about risks, early detection, screenings and treatments of breast cancer.

Eleven women were provided materials to make a pink shawl to spread Breast Cancer Awareness. It was a great event and many of the women finished their shawls just in time for the Mille Lacs Powwow. For more info on treatment, support and screening options visit www.cancer.org or www.aicaf.org

NOVEMBER NEWS

MILLE LACS BAND OF OJIBWE
PUBLIC HEALTH

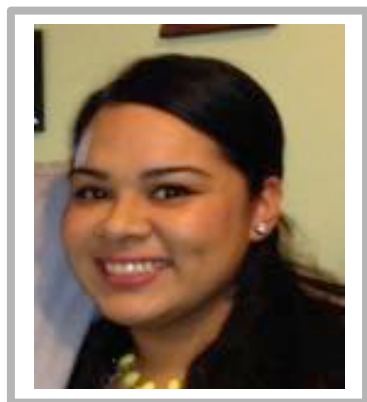


Volume 2, Issue 18, 2015

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- **Congratulations to Barb!**
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- **Smoking and COPD**
- **Help Pass Laws to Defeat Cancer**

Meet PH staff member:



Indigena "Indi" Lawrence moved from Arizona to join the MLBO Public Health Department in May 2015. "I really enjoying getting to know all of my clients as I help them maintain their independence inside their homes. When I am not working, I enjoy spending time with my family and

November is National Family Caregivers Month

Let us first take this time to thank our family and friends that are caring for someone now. Your job is hard and often thankless, be strong and know there is support and help for you out there.

Care givers are more often females but certainly can be males also, they are often providing care for an elder or disabled spouse, but certainly it could be a parent, friend or even child.

No two cases are the same. What worked for one family might not work for yours. There are many places to look for help and support, such as www.agingcare.com/Caregiver or www.aarp.org for elders in our lives. Children's services available could be www.cdc.gov or <https://www.disability.gov>.

There are often local facilities that do respite time which is time that this person in need for care could go into an adult day care while the caregiver is at work, or even stay a few days allowing the caregiver a well needed and deserved break. Using respite does not mean you are weak or unable to provide cares. It just means that you are taking time to be you and taking care of yourself also. If you are not healthy you will not be of much help to the person you are caring for.

Recently I was talking to a local care giver that stated "I am doing this on my own, the family avoids coming here anymore." This is not uncommon for the family that has a choice to choose to stay away as much as possible. It is hard to watch a loved one's health decline. But remember you are still not alone. You need to have time to deal with your own life issues and circumstances also. You have the right to ask family to come stay with this person allowing you time to get out even if it's just for dinner. A local hospital or long term care can do respite services with the correct payment sources. Mille Lacs Band Public Health does offer some assistance with personal cares for people in need of this service but we do not provide respite or PCA cares.

Talk with the primary care providers for services available in your local area. Call the county for other services or options in your area for increased services and assistance with care givers needs.

Thank you to allow Care Givers out there. Pat yourself on the back, you're doing great work in a hard field.

Type 1 Diabetes: What Is It?

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease.

In type 1 diabetes, the body does not produce insulin. The body breaks down the sugars and starches you eat into a simple sugar called glucose, which it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives.

Nutrition is one of the most important pieces of the diabetes puzzle. Understanding how different foods affect your blood glucose and learning to develop solid meal plans will be a crucial part of your daily routine.

The best choices are fresh, frozen and canned vegetables and vegetable juices without added sodium, fat or sugar.

- If using canned or frozen vegetables, look for ones that say low sodium or no salt added on the label.
- As a general rule, frozen or canned vegetables in sauces are higher in both fat and sodium.
- If using canned vegetables with sodium, drain the vegetables and rinse with water. Then cook the rinsed vegetables in fresh water. This will cut back on how much sodium is left on the vegetables.

For good health, try to eat at least 3-5 servings of vegetables a day. This is a minimum and **more is better!** A serving of vegetables is:

- ½ cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

Enjoy the colorful variety of vegetables to brighten your plate. With half of your plate filled with vegetables, your options are endless for delicious combinations. If you are still hungry after the food on your plate is gone, try having a salad with a low-calorie dressing to satisfy your appetite and get an extra serving or two of vegetables in at the same time.

Kim Leschak, LPN
MCH/Smoking Cessation

The Public Health Department Smoking Cessation Program would like to congratulate Barb Laws on reaching 3 months smoke-free. Part of the program provides incentives for reaching milestones. Barb chose a candle and yoga mat to help keep her on track with her healthy lifestyle goals. **Way to go Barb, keep up the good work!! ☺**

If you would like help with quitting smoking, please contact Amy Maske at 320-532-7760 or Kim Leschak at 320-532-7776 ext. 2407.

It's Turkey Time: Safely Prepare Your Holiday Meal



Whether you're a seasoned chef or a novice preparing your first holiday meal, make sure you know the safest ways to thaw, prepare, stuff and cook your turkey.

Turkey Basics: Safely Thaw, Prepare, Stuff, and Cook

When preparing a turkey, be aware of the four main safety issues: thawing, preparing, stuffing, and cooking to the adequate temperature.

Safe Thawing

Thawing turkeys must be kept at a safe temperature. The "danger zone" is between 40 and 140°F — the temperature range where foodborne bacteria multiply rapidly. While frozen, a turkey is safe indefinitely, but as soon as it begins to thaw, bacteria that may have been present before freezing can begin to grow again, if it is in the "danger zone."

There are three safe ways to thaw food: in the refrigerator, in cold water, and in a microwave oven. For instructions, see "[Safe Methods for Thawing](#);"

Safe Preparation

Bacteria present on raw poultry can contaminate your hands, utensils, and work surfaces as you prepare the turkey. If these areas are not cleaned thoroughly before working with other foods, bacteria from the raw poultry can then be transferred to other foods. After working with raw poultry, always wash your hands, utensils, and work surfaces before they touch other foods

Safe Stuffing

For optimal safety and uniform doneness, cook the stuffing outside the turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F. Bacteria can survive in stuffing that has not reached 165°F, possibly resulting in foodborne illness. Follow the FSIS' steps to [safely prepare, cook, remove, and refrigerate stuffing](#).

Safe Cooking

Set the oven temperature no lower than 325°F and be sure the turkey is completely thawed. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2-1/2 inches deep. Check the internal temperature at the center of the stuffing and meaty portion of the breast, thigh, and wing joint using a food thermometer. Cooking times will vary. The food thermometer must reach a safe minimum internal temperature of 165°F. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat. For more information on safe internal temperatures, visit [FoodSafety.gov's Safe Minimum Cooking Temperatures](#). Source: www.cdc.gov/features/turkeytime

Q: Do I need to take a vitamin D supplement?

A: It's likely -- 70 to 75 percent of women are deficient in vitamin D. To know for sure, request a simple blood test (called 25-hydroxy-vitamin D) from your doctor; your levels should be between 40 and 100. Vitamin D is critical: Its deficiency is linked to osteoporosis, low immunity, and coronary artery disease. It's also an important nutrient in the prevention of several cancers (including breast and prostate).

So many people are deficient because the only way that our bodies can produce vitamin D is by exposure to the sun. But if you live north of the 35th parallel (which runs from southern California through North Carolina), the sun's rays are not strong enough during the winter months for vitamin D production, and even below that latitude, it takes much longer in the winter to get the amount you need. For people who are deficient, I start them off at 2,000 units a day, and often two days of the week I give them 20,000 units. Once they're back up to the optimal range, I recommend a minimum daily supplement of 1,000 units, which is the equivalent of 10 to 15 minutes of exposure to strong sunlight.

Note: People with calcium and kidney stone problems need to be taking extra vitamin D, and **it's always important to clear any new supplement with your doctor before taking it.**

Source: www.wholeliving.com/ask-dr-merrell

Smoking and COPD

Submitted by Kim Leschak

What Is COPD? Chronic obstructive pulmonary disease (COPD) is a serious lung disease that gradually makes it harder and harder to breathe. COPD includes emphysema and chronic bronchitis. In the early stages of COPD, there may be no symptoms, or you may only have mild symptoms, such as:

- A nagging cough (often called "smoker's cough")
- Shortness of breath, especially with physical activity
- Wheezing (a whistling sound when you breathe)
- Tightness in the chest

As the disease gets worse, symptoms may include:

- Having trouble catching your breath or talking
- Trouble with mental alertness
- A very fast heartbeat
- Swelling in the feet and ankles
- Weight loss
- Blue or gray lips and/or fingernails (a sign of low oxygen levels in your blood)



How severe your symptoms are depends on the extent of lung damage. If you keep smoking, the damage will get worse faster than if you stop smoking. Among 15 million U.S. adults with COPD, 39% continue to smoke.

How Is Smoking Related to COPD? COPD—the number 3 killer in the nation—is almost always caused by smoking. Smoking accounts for as many as 9 out of 10 COPD-related deaths. COPD most often occurs in people age 40 and older with a history of smoking (either current or former smokers). However, as many as one out of six people with COPD never smoked. Smoking during childhood and teenage years can slow how lungs grow and develop. This can increase the risk of developing COPD in adulthood.

How Can COPD Be Prevented? The best way to prevent COPD is to never start smoking, and if you smoke, quit. Talk with your health care provider about programs and products that can help you quit. Also, stay away from secondhand smoke, which is smoke in the air from other people smoking.

Help pass Laws to Defeat Cancer

by Linda Moses, Circle of Life Plus Coordinator

Fact: The federal government is the nation's largest funder of cancer research.

Fact: Insurance companies begin covering many cancer screenings-like mammograms, colonoscopies and Pap tests- because the American cancer Society and its advocacy affiliate, the American Cancer Society Cancer Action Network (ACS CAN) help get them to do so.

Fact: More than 30 states and thousands of communities are now smoke-free as a result of advocacy. These are just reasons why cancer is not just a medical issue, it is a public policy issue as well. From the local city council to the U.S. Congress, the American Cancer Society and ASC CAN engage with elected and appointed officials to ensure that cancer remains a top local, state and national priority. Through advocacy, together we can be successful in eliminating suffering and death due to cancer.

ACS CAN is a nonprofit, nonpartisan advocacy affiliate of the American Cancer Society, supports evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem. ACS CAN works to encourage elected officials and candidates to make cancer a top national priority. ACS CAN gives ordinary people extraordinary power to fight cancer with the training and tools they need to make their voices heard.

DECEMBER NEWS

MILLE LACS BAND OF OJIBWE
PUBLIC HEALTH

Volume 2, Issue 19, 2015



2015 MLBO Health Fair Committee



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Leading Cause of Adult Injuries
& Falls

Cookie Recipe

Committee members: Amy Maske, Lisa Blahosky, Donna Sutton, Darla Roache, Ginny Savaloja, Cassie Helmin, Dianne Holmquist, Cyndy Travers, and Carol Hernandez.



The 2015 Mille Lacs Band of Ojibwe Health Fairs were a great success reaching more than 450 community members. D1: 251, D2: 81, D2a: 42, & D3: 80, participants attended. The Health Fairs were held on Tuesday, Oct. 20th through Friday, Oct. 23rd, visiting all 4 community centers. Each Health Fair had over 40 different booths. The booths were a variety of Mille Lacs Band Departments and Services as well as local supporting agencies. The booths were educational and interactive. Door Prizes were given every half hour, along with grand prizes daily.

Participants were asked to complete an exit survey about their experience at the Health Fair. We received 300. Some of the comments were: "These are always fun, great work!", "Everyone was very nice and gave good information, organized well, thank you!" and "Everyone was helpful, fun filled and educational, enjoyable!"

A community meal was prepared by Dan's Catering for each of the Health Fairs. The Health Fairs are a great way for community members to know what resources are available to them.

Updated Mammography Screening Guidelines

The American Cancer Society has released updated mammography screening guidelines and materials incorporating these guidelines. The new guidelines were developed over two years but an independent panel using the latest evidence available on mammography screening. They differ slightly from the USPSTF guidelines.

This is the gist:

- Mammography reduces death from breast cancer
- These guidelines incorporate individual preference, values, understanding of the balance between benefits and potential harms of screening (unnecessary follow ups for false positives)
- Women of average risk should start mammography screening at 45 and continue with annual screening until 54
- Women 55+ can switch to being screened every other year, or have the option to continue screening every year
- ASC no longer recommends clinical breast exams as a breast cancer screening for U.S. women (because it can lead to false positives and unnecessary follow ups)

All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. Some women at high risk for breast cancer, because of family history, a genetic tendency, or certain other factors-should be screened with MRIs along with mammograms. (The women who fall into this category is very small.) Talk with a health care professional about your risk for breast cancer and the best screening plan for you.

By Linda Moses, Circle of Life Plus Coordinator

The Public Health staff celebrated National Boss's Day, October 16th by honoring Lisa Blahosky, Director of Public Health.



Some of the comments from her staff were: "You are the world's best boss. I am happy to work for you", and "Thanks for all you do for all of us!" Lisa said she enjoys working with such a great group of people and appreciates all their hard work! 😊😊😊😊😊

WINTER SAFETY INFORMATION

Driving in the winter can be harrowing, especially where blizzard and icy conditions crop up seemingly out of nowhere. Midwesterners may be used to heavy snow, but residents of states as far south as Georgia and Texas are seeing ice and snow more often. Driving can be even more treacherous in these areas because drivers are not accustomed to it. Drivers can take precautions to ensure they will arrive safely at their destination.

Don't leave home without these

In an emergency situation, in addition to a full tank of gas and fresh antifreeze, National Safety Council recommends having these with you at all times:

- Properly inflated spare tire, wheel wrench and tripod jack
- Shovel
- Jumper cables
- Tow and tire chains
- Bag of salt or cat litter for better tire traction or to melt snow
- Tool kit
- Flashlight and extra batteries
- Reflective triangles or flares
- Compass
- First aid kit
- Windshield cleaner
- Ice scraper and snow brush
- Matches in a waterproof container
- Scissors and string or cord
- Blankets, mittens, socks and hats
- Nonperishable, high-energy foods like nuts, dried fruits and hard candy



Winter road trips – even short ones – are a great way to celebrate with family and friends. Being prepared can ensure a safe and happy time is had by all.

Source: www.nsc.org/learn/safety-knowledge/news-and-resources

DECEMBER IS SAFE TOYS AND GIFTS MONTH

According to the U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries in 2010 throughout the United States. Additionally, in 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets.

Before you make toy purchases, it is critical to remember to consider the safety and age range of the toys so that you will have a safe holiday season and beyond.

Please consider the following guidelines for choosing safe toys for all ages:

national **SAFE**
toy and gift month



- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- Be diligent about inspecting toys your child has received. **Check them for age, skill level, and developmental appropriateness** before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection – “ATSM” means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)
- Keep kids safe from **lead in toys** by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead in the paint; having your children wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead.
- Do **NOT** give toys with small parts (including magnets and “button” batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do **NOT** give toys with ropes and cords or heating elements
- Do **NOT** give crayons and markers unless they are labeled “nontoxic”.

For more information about toy safety, please call Mille Lacs Band of Ojibwe Public Health at 320-532-7776 or you can look online at: <https://www.healthtradition.com/december-is-safe-toys-and-gifts-month/>

By Kari Carlson, RN

Happy Holidays!



Wishing you, your family and friends
peace, love, prosperity,
and joy.

Are 15-Minute Walks Any Good?

Answer: Walking for 15 minutes, four times a day burns as many calories as walking steadily for an hour. There are benefits to combining them into one longer walk, but you need to weigh that against what you enjoy doing and what fits into your schedule.

The American Heart Association’s 2007 exercise guideline for healthy adults recommends 30 minutes of moderately intense exercise, such as brisk walking, 5 days a week. But they also say that about 30 minutes can be broken up into 2 to 3 bouts of exercise of 10 to 15 minutes.

And remember, your body still has burned calories that it wouldn’t have.

Source: www.walking.about.com/od/beginners/f/15minutewalking

Leading Cause of Adult Injuries & Falls

As we age with physical changes, health conditions and sometimes the use of medications, falls can become more likely. With winter fast approaching this could contribute to a higher risk of falls.

Falls can be prevented through simple strategies.

Physical activity can help prevent falls by improving strength, balance and coordination. If you feel you are unable to exercise, notify your primary care provider who may be able to recommend a monitored exercise program or a referral to a physical therapist.

Wearing sensible shoes can be a part of your fall prevention plan. It is recommended that wearing properly fitting sturdy shoes with nonskid soles to promote safety. If possible, high heels, slippers and flip flops should be avoided.

Making your home safe can help prevent a fall. Home safety is extremely important in keeping yourself safe from falls by cleaning clutter, securing or removing loose rugs. Using nonslip mats in the shower and tub can contribute to a safer environment. Having adequate lighting and a lamp near your bedside for night time needs should be included in your fall prevention plan.

Winter specific tips include planning extra time to for you to get to your destination- you will be less likely to fall if you are not rushed. If possible, do not carry children or heavy loads keeping your hands free will help you maintain your balance. Choosing the right foot wear will that have the greatest traction will enhance safety. If you find yourself on an icy patch take short shuffled steps, and do not be afraid to ask for help if there is a bystander. Immediate snow removal can reduce the formation of ice on your pathway, for an added safety measure apply ice melting granules.

Indi Lawrence, RN
Mille Lacs Band of Ojibwe Public Health Department

Prevent a Fall



COCONUT, CHERRY, AND CHOCOLATE OATMEAL COOKIES

Coconut, oats, dark chocolate, cherries, and walnuts pack our favorite drop cookie recipe full of flavor. Although they're bursting at the seams with tasty ingredients, these cookies will keep your waistline slim at just 95 calories apiece. Start to finish: 40 Minutes

Ingredients

1/4 cup of butter	1/2 cup packed brown sugar
1/3 cup granulated sugar	1 teaspoon ground cinnamon
1/2 teaspoon baking soda	1/8 teaspoon salt
1 egg	1 teaspoon vanilla
3/4 cup all-purpose flour	3/4 cup rolled oats
1/2 cup of flaked coconut	
2 ounces dark chocolate, finely chopped (1/3 cup)	
1/4 cup snipped dried cherries or cranberries	
1/4 cup chopped walnuts, toasted	



Directions

Preheat oven to 350 degrees F. In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, granulated sugar, cinnamon, baking soda, and salt. Beat until combined, scraping sides of bowl occasionally. Beat in egg and vanilla until combined. Beat in flour just until combined. Stir in oats, coconut, chocolate, dried cherries, and walnuts (dough may be a little crumbly).

Drop dough by rounded teaspoons 2 inches apart onto an ungreased cookie sheet. Bake about 10 minutes or just until edges are set. Cool on cookie sheet for 1 minute. Transfer to a wire rack; cool completely.

Source: www.bhg.com/recipe/coconutcherry-and-chocolate-oatmeal-cookies

FEBRUARY NEWS

MILLE LACS BAND OF OJIBWE
PUBLIC HEALTH

Volume 3, Issue 2, 2016



February is Heart Month

By Donna Sutton, RN

The CDC (Centers for Disease Control) has joined with an organization called Million Hearts. They are in the middle of a national campaign to prevent a million heart attacks and strokes by the year 2017.

Heart disease and stroke are some of the leading causes of death in America.

Uncontrolled high blood pressure contributes to both. The CDC recommends the following regarding high blood pressure (hypertension):

- Get your blood pressure checked & know what your goal is
- Take your blood pressure medication as directed
- Reduce sodium (salt) in your diet
- Quit/cut back/or don't start smoking
- Maintain a healthy weight
- Be physically active for 30 minutes most days of the week

High blood pressure is called the silent killer since it often has no symptoms. One out of 3 American adults have high blood pressure. Of this number, 1 out of 2 are treated, but their blood pressure is still uncontrolled. One out of 3 are not receiving treatment and may not even know that their blood pressure is high. Getting your blood pressure checked is the first step. The recommended pressure for a health adult is 110/70. The top number represents the pressure in the blood vessels when the heart pumps or squeezes. The bottom number represents the pressure in the blood vessels when the heart is resting between beats. Changes in diet can reduce high blood pressure so that medication is not needed.

Sodium chloride is the chemical name for table salt. The current recommendation is for a diet which contains less than 2,300 mg/day for a health adult and a diet of less than 1,500 mg /day for those who need a **low sodium diet**. This includes **all adults over 51 and those with certain conditions such as diabetes, chronic kidney disease or high blood pressure**. The average American takes in 3,500 mg of sodium daily. Seventy-seven percent of this is from processed foods, 5% from home cooking, 6% from salt added at the table, and 12% occurs in food naturally. Eating fresh fruits, vegetables and meats rather than canned or processed can drastically reduce sodium intake.

Quitting or reducing smoking will lower blood pressure, but it will also have the added benefit of **improving the senses of taste and smell**. Food will taste better and less salt can be added at the table.

Physical activity doesn't have to be a boring exercise routine. There are many ways to be more active – parking further from the door of your destination to get in a short walk when out shopping, doing a couple extra laps through the store, playing outside with the kids, dancing....the opportunities are endless.

Working some of these ideas for lowering blood pressure into your daily routine will be a wonderful Valentine's gift to the ones you love. And it doesn't have to end when the box of chocolates is empty or the flowers have wilted. Good heart health is a life-long gift. Source www.cdc.gov.

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February is Heart Month

**Teen Dating Violence
Awareness Month**

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1 in 3 young people will experience some form of abuse in their dating relationships **and more than 2/3 never report that abuse to a caring adult.** As we look at teen dating violence, we know that understanding the warning signs is key to ending the cycle of abuse.

But first, here are some of the effects of teen dating violence:

- Less attention to academics
- Increased exposure to drugs and alcohol
- A greater likelihood of teen pregnancy
- Growing isolation
- Sexual assault

Know the 10 most common signs and get help:

- Checking your cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do

For immediate help call the Love Is Respect crisis line: 1.866.331.9474. Also, for further information please contact Mille Lacs Band Public Health: 320.532.7775
Source: <http://www.teendvmonth.org/dating-violence>

By: Kari Carlson, RN



A Healthier Me: Amy Maske

My journey to a healthier me began in Feb. of 2014. I decided to change after losing a friend to cancer, that I have a choice and only I can change me. I can control how I choose to fuel my body how active I am and how I feel about me. I have two boys at home and I didn't want to be the "fat mom" that just sat around watching her kids play. I wanted to be the active mom that showed my children that we need to take care of our bodies because we only get one.

I started working out with a friend doing a home video workout. I also joined Weight Watchers which was an eye opener for me on looking at what I was putting in my body and being accountable for my food choices. I have struggled with my weight since I was a child, and my family has a history of obesity, diabetes, high blood pressure and heart disease. I did not want that for me or my children. Once the weight started coming off I wanted to challenge myself and start running. I started with a run around the block, it was not pretty I thought the entire neighborhood could hear me huffing. Each time I would run a little farther. Last time I ran a mile was in middle school.

My journey has lead me to participating in four 5K events. Now, not only am I hooked, it has become a new family activity. It feels so good that I have decided to live a healthier life and now I am passing that lifestyle onto my children.

Whether patients get surgery for non-small cell lung cancer depends on where they live

By Linda Moses, Circle of Life Plus Coordinator

A new Society report says the likelihood of receiving curative-intent surgery for patients with early-stage non-small cell lung cancer (NSCLC) varies substantially from state to state, underscoring the disparities in health care within our own country.

Lung cancer is the second most common type of cancer, and the leading cause of cancer deaths for men and women in the U.S. NSCLC is the most common kind of lung cancer, and if caught at an early stage, it can potentially be cured by surgery.

Helmneh M. Sineshaw, MD, MPH, a senior epidemiologist and health services researcher, and his colleagues found that Massachusetts, New Jersey, and Utah had the highest rates of curative surgery—about 75 percent in each state. They chose Massachusetts as the standard of comparison for all states.

The researchers found that the lowest likelihood of receipt was in Wyoming, where patients with early-stage NSCLC were 25 percent less likely than those in Massachusetts to receive curative surgery. The next largest gaps were in Oklahoma (20 percent less likely), New Mexico (19 percent less likely), Colorado (17 percent less likely), Louisiana (17 percent less likely), and Texas (16 percent less likely).

Previous studies have shown significant racial and socioeconomic disparities in the receipt of curative surgery for early-stage NSCLC. In this study, researchers based their study on data from patients who were diagnosed with stage 1 or 2 NSCLC between 2007 and 2011 in 38 states and the District of Columbia, from population-based cancer registries compiled by the [North American Association of Central Cancer Registries](#).

Sineshaw said some of the disparity in the receipt of NSCLC surgery could be explained by geography, as states with major medical centers generally had higher rates. Also, insurance coverage could be a factor, he added, although adjusting for insurance resulted in only minor statistical differences.

"From state to state, the quality of insurance coverage may be different, even as we move toward universal health care," he said. "Varying standards for copays, for example, can all add up and make a difference in the cost of treatment."

Sineshaw said one potential way to narrow the disparity would be to further standardize health-care coverage. Also, he suggested, doctors across the nation could be encouraged to share information on their practices.

Sineshaw and colleagues also evaluated data on race to see whether disparities persisted. The study showed that non-Hispanic blacks were less likely than non-Hispanic whites to receive the surgery in all states/registries, although the disparities were significant in only two states—Florida and Texas—after adjusting for socioeconomic factors and clinical characteristics. In Florida, non-Hispanic black patients had a 12 percent lower chance of receiving curative surgery, and in Texas, non-Hispanic black patients had an 11 percent lower chance of receiving curative surgery than non-Hispanic white patients.

Sineshaw said a limitation of the study is that it did not examine patient/physician communication, which he believes could influence a patient's willingness to undergo curative surgery. Also, the study did not control for comorbidity, so some patients may have been ruled ineligible for the surgery due to outstanding health issues. However, accounting for state-level chronic obstructive lung disease prevalence did not change the results.

“Your First Cigarette of the Day”

By Carol Hernandez

According to the 2014 MATS (Minnesota Adult Tobacco Survey) the length of time from when you wake up until the time you smoke your first cigarette is a strong indicator of nicotine addiction. The survey states “Among various measures, smoking within 30 minutes of waking is indicative of strong addiction.”

Almost one half of Minnesota smokers have their first cigarette of the day within 30 minutes of waking up. The two older age groups who smoke within 30 minutes of waking are 45-64 year olds and those 65 years old or older. Smokers with the highest educational and highest income levels are least likely to light up within 30 minutes of waking up.

When do you have your first cigarette of the day? Are you ready for that first cigarette to be your last cigarette? If you would like information on the Mille Lacs Band Smoking Cessation Program please contact:

Amy Maske, SHIP Coordinator
320-532-7760

To view the full 2014 MATS report please visit the following link:

<http://www.mntobacco.nonprofitoffice.com>

**“IF IT IS IMPORTANT TO YOU, YOU
WILL FIND A WAY, IF NOT, YOU’LL
FIND AN EXCUSE”.**



February is national chocolate lover’s month. Many of us have an addiction to this sweet treat. Here is a recipe that you won’t need to feel so guilty indulging in.

“Butterfinger Bliss” by Amy Maske

Ingredients:

- 1 prepared angel food cake
- 1 (1 ounce) package fat-free sugar-free vanilla pudding mix
- 1 ½ cups skim milk
- 2 (8 ounce) containers fat-free cool whip
- 4 (2 1/8 ounce) size Butterfinger candy bars

Directions:

1. Spray a 9 x 13" pan with cooking spray.
2. Tear angel food cake into bite size pieces.
3. Prepare pudding with 1-1/2 cups of skim milk & mix with 2 containers of Cool Whip Free.
4. Crush candy bars.
5. Layer 1/2 cake, 1/2 of pudding mixture and 1/2 of crushed Butterfingers. Repeat layer.



APRIL NEWS

MILLE LACS BAND OF OJIBWE
PUBLIC HEALTH



Volume 3, Issue 4, 2016

In this Issue:

- April is National Child Abuse Prevention Month
- Congratulations Kitty Johnson: 1 yr. smoke free
- Stress Awareness Month
- Benefits of Green Tea
- Alcohol Awareness Month
- More PET Scans May Not Help Lung & Esophageal Cancer Survivors
- Chicken Wild Rice recipe



Congratulations to Kitty Johnson, Mille Lacs Band elder, for being smoke free for one year!!! The health benefits of quitting smoking can help you live a longer, healthier life.

Kitty's quit date was April 24th, 2015. She worked with the Mille Lacs Band smoking cessation program through the year. Her family and friends have played a huge role in supporting Kitty live a smoke free life. Kitty enjoys fishing as a hobby and a way to relax.

For completing the program she received a fishing pole and Walmart gift card. Good luck Kitty in staying smoke free!



April is National Child Abuse Prevention Month

April is National Child Abuse Prevention Month, a time to recognize that we all can play an important role in making meaningful connections with children and families on our communities. Since 1983, the Children's Bureau has been a stalwart in its efforts to promote National Child Abuse Prevention Month. National, state, and local organizations look to the Children's Bureau to lead the way in the promotion of child abuse prevention.

To assist the Children's Bureau Office of Child Abuse and Neglect (OCAN) in its efforts to promote National Child Abuse Prevention Month, Child Welfare Information Gateway, a service of the Children's Bureau, offers a series of prevention-related resources for professionals, advocates, service providers, and families. The **2015 Prevention Resource Guide: Making Meaningful Connections** is developed annually in collaboration with the Children's Bureau, OCAN, FRIENDS National Center for Community-Based Child Abuse Prevention, Child Welfare Information Gateway, and a host of National Child Abuse Prevention Partners.

This Resource guide offers many strategies to support service providers and communities in their efforts to prevent child abuse and promote well-being. The primary focus of the Resource Guide centers on protective factors that strengthen families and promote optimal child and youth development. Agencies, policymakers, advocates, service providers, and parents will find resources to help promote these important elements within their communities and families.

This year, Information Gateway added the Protective Factors in Practice learning tool, two interactive scenarios that illustrate how multiple protective factors can support and strengthen families experiencing stress.

Visit the **National Child Abuse Prevention Month** website to learn more! Source: www.acf.hhs.gov/blog



Stress plays a huge role on our overall health and wellbeing. It is important to check in with ourselves time to time to know what our stressors are and how we handle them. Knowing ourselves gives us the power to change and to adapt to situations in life.

Common symptoms of Stress

How Stress effects the body:

Fast Heart Beat
Tired
Headache (migraines)
Stiff neck and/or shoulders
Upset Stomach, Nausea or Diarrhea

Over time Stress can effect:

Immune system, more likely to get sick
Heart, Blood pressure, abnormal heartbeat, heart attack
Stomach, irritable bowel, ulcers, reflux
Insomnia
Emotions, panic attack, anxiety

Some tips to cope with stress:

Deep Breaths	Go for a walk
Take a Bath or Shower	Beading
Craft	Talk to a friend
Drum	Dance
Exercise	Read
Smudge	Meditate
Sleep, Rest, or Nap	Attend a Sweat
Learn Ojibwe Language	Outdoor Activities
Enjoy a healthy meal with family	Listen to Music

By: Amy Maske
Source: WebMD.com

"5" Health Benefits of Green Tea

Tea is one of the most valued and widely consumed drinks in the world. Besides being a delicious, inexpensive beverage that has no calories, tea has a unique set of natural chemicals that provide various therapeutic benefits.

- 1) **Oral Health** – natural fluoride is found in tea, polyphenols and catechins are associated with killing bacteria in the mouth.
- 2) **Bone Health** – routine consumption, especially more than 10 years has been associated with decreased risk of osteoporotic fractures.
- 3) **Weight Loss** – it's thought that the catechins found in green tea create thermogenesis (body heat) which burns calories.
- 4) **Cancer** – the catechins prevent cell mutation, deactivate certain carcinogens, and reduce formation and growth of tumors. (@ 4 cups per day)
- 5) **Heart Health** – people who drink at least one cup per day have a 44 % lower risk of heart attack.

Source: www.fitday.com/fitness-



APRIL IS ALCOHOL AWARENESS MONTH

2015 FACTS

1. Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol impaired driver. This amounts to one death every 51 minutes. ([CDC](#))
 2. Long-term alcohol use can cause serious health complications affecting every organ in your body, including your brain. Additionally, it can damage your emotional stability, finances, career, impact your family, friends and the people you work with. ([NCAAD](#))
 3. Women who binge drink are more likely to have unprotected sex and multiple sex partners. These activities increase the risks of unintended pregnancy and sexually transmitted diseases. ([CDC](#))
 4. 100,000 persons die each year from alcohol-related causes: drinking and driving crashes, other accidents, falls, fires, alcohol-related homicides and suicides. ([NCAAD](#))
 5. Excessive alcohol consumption increases aggression and, as a result, can increase the risk of physically assaulting another person. ([CDC](#))
 6. Because of the astounding 80,000 deaths that are related to alcohol abuse every year, alcohol abuse is the third highest cause of death in the U.S. ([CDC](#))
 7. 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking. ([NIAAA](#))
 8. Approximately 7,000 children in the U.S. under the age of 16 take their first drink every day, which is a major problem because those who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21. ([Rehabs.com](#))
 9. Alcoholism includes the following four symptoms: craving, loss of control, physical dependence, and tolerance. ([NCADD](#))
 10. Teen alcohol use kills 4,700 people each year -- that's more than all illegal drugs combined. ([MADD](#))
- Alcohol abuse is any use of alcohol that negatively impacts personal responsibilities, whether at work, school or home, as defined by Psychology Today. Alcohol use is also considered abuse when it leads to people placing themselves in dangerous situations, such as driving or operating machinery under the influence. Legal problems due to alcohol are also characteristic of abuse, as is the continuation of drinking, despite its negative impact upon relationships.

Submitted by: Kris Reiter, LPN

More PET Scans May Not Help Lung, and Esophageal Cancer Survivors

By Linda Moses, Circle of Life Plus Coordinator

Getting expensive imaging tests to see if cancer of the lung or esophageal has reoccurred is not linked to better survival, according to a new study.

The likelihood that people with those cancers would be alive two years after their diagnosis was the same whether they went to a hospital that frequently used so-called PET scans or one that used imaging test less often.

During position emission tomography (PET) scans, radioactive liquid is injected into a vein to show how organs are functioning. Sometimes PET scans are partnered with computed tomography (CT) scans. PET scans are a great resource and can have benefits for people, but some experts believe PET scans should not be used to check for cancer recurrence before other imaging tests have been done.

Using PET scans without good reason can lead to anxiety, wrong diagnoses, false alarms unnecessary procedures and higher costs, according to the Choosing Wisely campaign from the ABIM Foundation. Choosing Wisely aims to help doctors and patients choose treatments that are supported by evidence.



Contest-winning Chicken Wild Rice casserole recipe

Ingredients

- 1 small onion, chopped
- 1/3 cup butter
- 1/3 cup all-purpose flour
- 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 can (14-1/2 ounces) chicken broth
- 1 cup half-and-half cream
- 4 cups cubed cooked chicken
- 4 cups cooked wild rice
- 2 jars (4-1/2 ounces each) sliced mushrooms, drained
- 1 jar (4 ounces) diced pimientos, drained
- 1 tablespoon minced fresh parsley
- 1/3 cup slivered almonds



Directions

TOTAL TIME: Prep: 20 min. Bake: 30-35 minutes

1. In a large saucepan, sauté onion in butter until tender. Stir in the flour, salt and pepper until blended. Gradually stir in broth; bring to a boil. Boil and stir for 2 minutes or until thickened and bubbly. Stir in the cream, chicken, rice, mushrooms, pimientos and parsley; heat through.
2. Transfer to a greased 2-1/2-qt. baking dish. Sprinkle with almonds. Bake, uncovered, at 350° for 30-35 minutes or until bubbly. Yield: 6-8 servings.

Source: www.tasteofhome.com